For the month of March, I would like to encourage all Valley Spokesmen members to post their comments and pictures of rides to the club’s Facebook page. It’s a great way to share your cycling experiences with other club members and to share in the experiences of other club members. Joining the club Facebook group is easy. On the club’s webpage, you just need to click on the link “Find us on Facebook”. This will take you to the club’s Facebook page and you can join the group by on the “Join Group” link in the upper right hand corner. While the page can be viewed by anyone, only members of the group can post to the page. Once your request to join the group has been approved, you will then be able to post pictures and comments to the page.

The magic of Facebook is that you can post a picture of something you see and everyone will be able to immediately see it. For example, Monday February 27th, we had snow on the summit of Mt. Diablo. If you didn’t see it early in the morning, it was gone by mid day. Jane Moorhead took time out of the Monday Morning Conditioning Ride to post a picture of the mountain with snow on it and we were all able to see something that doesn’t happen very often. Go to the club’s Facebook page and check out her picture when you have a moment.

Next time you are on a ride and see something of interest, take a picture and post a comment to the club’s Facebook page and share your thoughts with the group.

Safe Riding!

Steve
TOURING RIDE RATINGS

All rides are rated according to predicted difficulty.

TERRAIN:
1) Generally flat with a few easy grades, suitable for beginners and casual riders.
2) Mostly easy grades with a few rolling hills, a challenge for beginners.
3) Moderate grades, some challenge for the average rider.
4) Steep grades with some relief.
5) Mostly steep grades, for strong riders.

PACE:
ND) No Drop - this means that the group will do its best not to lose any rider. No Drop is at the leader's discretion. Out of consideration to the other riders, check with the ride leader to determine whether you should ride on a particular ride.
L) Leisurly, many regroups.
M) Moderate, occasional regroups.
B) Brisk, few stops.
S) Steady, strenuous, rapid pace.

The speeds of the following ratings can be estimated by the following:
On the flattest 20-mile route (San Ramon Valley Blvd. e.g.),
the average speed would be approximately:
L=12 mph   M=16 mph   B=19 mph   S=22 mph-plus.

It is each rider’s responsibility to assess his or her own riding ability and fitness level and compare it to the ride rating before attempting a ride. If in doubt as to which level ride you should try, it would be best to start at the lower level and ride at that level until you feel comfortable moving on to the next level. Although there are periodic regroups and most hosts do their best to keep the group together, the only rides that are no-drop are the ones specifically stated ND.

Rides listed as “Beginner Friendly” will often be ridden by our most experienced riders, who just prefer to ride at a more leisurely pace. They will assist newer riders if requested. There will be slower-paced riders on these rides and will sometimes be listed as ND. Rides may be listed as Beginner Friendly if the route is an out-and-back and can be done at your own pace with your own turn-around point. Calaveras would be a good example of this. If in doubt, contact the ride host to get detailed information about a specific ride.

Rides listed as “Advanced Rides” are at a fast pace where riders will work together in a pace-line with minimal / no regroups. Not recommended for new riders.

All riders are welcome to show up for any ride scheduled, as long as you are prepared for possibly riding the route alone if it is above your level. Route slips are distributed at the start of a ride unless it is listed as a Show-n-Go, in which case the group will decide the route and no route slips are used. It is our goal to provide as many varied rides as possible and to help guide our members and guests to the rides best suited to their riding preference / experience.

MOUNTAIN BIKE RIDE RATINGS

All rides graded according to predicted difficulty as follows:
1) EASY: Mostly flat with few hills.
2) EASY/MODERATE: Increasing hills but mostly flat; of short distance.
3) MODERATE: Generally hilly terrain with some rough terrain & occasional obstacles.
4) STRENUOUS: Long, steep ascents and descents & very rough terrain.
5) MOST STRENUOUS (GONZO): Better have a few espressos before saddling up - ridiculously long, steep climbs & drops; lots of obstacles. Always bring adequate water and food.

HELMETS ARE REQUIRED ON ALL VALLEY SPOKESMEN RIDES!!

No headphones or ear buds (except hearing aids) of any type are permitted on Valley Spokesmen rides.

No cell phone use while actively riding.

ATTENTION: All riders must sign a liability waiver form, which is on the ride sign-in sheet, from the ride leader.

WEATHER: If there is a chance of rain, snow, sleet, hail or extreme temperatures on the day of the ride, the ride status will be posted to the VS e-mail list. Or contact the ride host before the ride for an update. For Mountain Bike Rides, rain 48 hours prior to the ride cancels.

DURATION OF RIDES: If you wish to know the approximate length of time for any of the following rides listed - including rest stops, lunch stops, sightseeing, etc., - please e-mail or call the ride host.

CAR POOLING: Carpooling is strongly encouraged, particularly on the out-of-town rides. Carpools are often posted to the VS e-mail list or post one yourself.

SAFETY: Bikes and cars have equal rights!!! Remember to use courtesy toward other users of the roadway and pay attention to ALL Vehicle Codes. Bicycle rider courtesy to motorists results in motorist courtesy to bicycle riders.

CODE OF CONDUCT: All Valley Spokesmen members are expected to interact with one another with respect. The use of inappropriate behavior and/or language may result in suspension leading up to expulsion from the Valley Spokesmen club. Determination of disciplinary action will be decided by the Executive Board.

If you stop to take a cell phone call the group is not to wait.

VERY IMPORTANT: ALL RIDES LEAVE AT THE SCHEDULED TIME INDICATED.

PLAN TO MEET 15 TO 30 MINUTES BEFORE THAT TIME!!

Note: Ride changes, cancellations and additional rides are posted to the VS e-mail list and the website ride calendar www.valleyspokesmen.org/ridecalendar

Be informed: current VS members can register for the VS e-mail list: http://www.valleyspokesmen.org/Sys/vs-list

Due to changes or cancellations of a ride, go to the VS website ride calendar to confirm the accuracy of a ride listing.
STANDING RIDE OVERVIEW:
MONDAY and WEDNESDAY morning ride from Heather Farms leave at 9:00 a.m.
MONDAY and THURSDAY conditioning rides from Dublin (Livermore Cycly) leave at 9:30 a.m.
OVD FRIDAY morning ride from Central Park (San Ramon) at 10:00 a.m. Beginner Friendly.

Due to changes or cancellations of a ride, go to the VS website ride calendar to confirm the accuracy of a ride listing.
Due to changes or cancellations of a ride, go to the VS website ride calendar to confirm the accuracy of a ride listing.

**Ride Host:** Rebecca Wood  925-872-1001

**Cue Sheet:** SRCP_Livermore_52_Mile_Loop.pdf

**Route:** https://ridewithgps.com/routes/13110282

**MON. 3/13/17 9:00 a.m.** See Heather Farm Standing Ride details on WED. 3/1/17.

**MON. 3/13/17 9:30 a.m.** See Mon./Thurs. Morning Standing Ride details on THURS. 3/2/17.

**WED. 3/15/17 9:00 a.m.** See Heather Farm Standing Ride details on WED. 3/1/17.

**THURS. 3/16/17 9:30 a.m.** See Mon./Thurs. Morning Standing Ride details on THURS. 3/2/17.

**FRI. 3/17/17 10:00 a.m.** Odd FRIday Ride. See Odd FRI ride details on FRI. 3/3/17.

**SAT. 3/18/17 2L/M 55.3 miles 9:00 a.m.** Feather Pedals Conditioning Ride. Mines, Cross, & Collier Canyon. Start East Dublin/Pleasanton BART Station, Owens Dr. @ Willow Rd.

Join our rides which become progressively more difficult each week culminating in the Cinderella Classic ride on April 8, 2017. Each week for 12 weeks the group rides further and/or gains more elevation. The rides prepare novices for the Cinderella Classic & Challenge.

https://ridewithgps.com/routes/11211229

Ride Host: Chris Pham 925-997-6674

**SAT. 3/18/17 4-M/B 50 miles 9:30 a.m. 4.075’**

Half Moon Bay, Pescadero, Lobitos. Start: Half Moon Bay Fire Station corner of Hwy 1 and Main Street. Parking is usually available on Main Street. Stop in Pescadero (mile 20), either at the Downtown Local Coffee or The Country Bakery. 2nd stop at The Bike Hut self serve cafe (mile 31) on lower Tunitas Creek Road. Lunch at San Benito Deli in downtown HMB after the ride. Photos of the route can be seen at:

HMB Preview https://ridewithgps.com/routes/16658029

Ride Host: Rob DelFosse (925) 522-6270
robfosse@yahoo.com

**MON. 3/20/17 9:00 a.m.** See Heather Farm Standing Ride details on WED. 3/1/17.

**MON. 3/20/17 9:30 a.m.** See Mon./Thurs. Morning Standing Ride details on THURS. 3/2/17.

**WED. 3/22/17 9:00 a.m.** See Heather Farm Standing Ride details on WED. 3/1/17.


**SAT. 3/25/17 2L/M 57.5 miles 9:00 a.m.** Feather Pedals Conditioning Ride. Calaveras, Kilkare, Tuscany, Cross. Start East Dublin/Pleasanton BART Station, Owens Dr. @ Willow Rd.

Join our rides which become progressively more difficult each week culminating in the Cinderella Classic ride on April 8, 2017. Each week for 12 weeks the group rides further and/or gains more elevation. The rides prepare novices for the Cinderella Classic & Challenge.

https://ridewithgps.com/routes/11706997

Ride Host: Rebecca Wood  925-577-3842

**SAT. 3/25/17 2L/M-M/B 123 miles 8:00 a.m.** Livermore to Oakdale out and back. Leaving from Starbucks on North Vasco Rd. This is part of Wes and Emma's Davis Double Training. This will be a drop ride, so please find a riding buddy. Possible lunch stop in Oakdale, plenty of options.
https://ridewithgps.com/routes/18881704

Ride Host: Wes Eacret weacret@comcast.net
925-872-8436

**SUN. 3/26/17 4 M/B Kilkare, Calaveras, Palomares Details TBD**

Ride Host: Kathy Kooos

**MON. 3/27/17 9:00 a.m.** See Heather Farm Standing Ride details on WED. 3/1/17.

**MON. 3/27/17 9:30 a.m.** See Mon./Thurs. Morning Standing Ride details on THURS. 3/2/17.

**WED. 3/29/17 9:00 a.m.** See Heather Farm Standing Ride details on WED. 3/1/17.

**THURS. 3/30/17 9:30 a.m.** See Mon./Thurs. Morning Standing Ride details on THURS. 3/2/17.

**FRI. 3/31/17 10:00 a.m.** Odd FRIday Ride. See Odd FRI ride details on FRI. 3/3/17.

**SAT. 4/1/17 4 L/M-M up to 92 miles 8:00 a.m.** Mines road with the backside of Mt Hamilton out and back. Start: Old Nob Hill Shopping Center at South Livermore & Pacific Avenues. Do it all, or just do some of it. Water and limited food avail. only at the Observatory. Part of Wes and Emma's Davis Double training series.
https://ridewithgps.com/routes/18881149

Emma Oleneberger live2map@yahoo.com 707-479-2549

**SAT. 4/1/17 2L/M ~25 miles 10:00 a.m.** Feather Pedals Graduation Ride. Celebrate your achievement and another great conditioning season with fellow Feather Pedalers. Place TBD.

**MON. 4/3/17 9:00 a.m.** See Heather Farm Standing Ride details on WED. 3/1/17.

**MON. 4/3/17 9:30 a.m.** See Mon./Thurs. Morning Standing Ride details on THURS. 3/2/17.

**WED. 4/5/17 9:00 a.m.** See Heather Farm Standing Ride details on WED. 3/1/17.

**THURS. 4/6/17 9:30 a.m.** See Mon./Thurs. Morning Standing Ride details on THURS. 3/2/17.

**FRI. 4/7/17 10:00 a.m.** Odd FRIday Ride. See Odd FRI ride details on FRI. 3/3/17.

**SAT. 4/8/17 41st Cinderella Classic & Challenge!**

**PLEASE NOTE --- HERE ARE RIDE OPPORTUNITIES AND CLINICS IN ADDITION TO OUR REGULAR SCHEDULE**

**DAILY LUNCHTIME TRAINING RIDES:** Join members of the Valley Spokesmen Racing Team and Lawrence Livermore Cyclotrons for daily training rides. Rides are 20-25 miles at a fast/brisk pace. Meet at 11:30 a.m., Monday through Friday, at the Lawrence Livermore National Laboratory Visitors Center.
Center on Greenville Road. NOTE: The group tends to split into fast and slow packs, so there is an option for a less vigorous pace. (Take I-580 to Greenville Road exit, go south on Greenville for about 3 miles, parking lot for the Visitors Center is on the right, look for the flagpoles). For ride/course descriptions, contact Rocco Hollaway at 925-422-9701: hollaway1@llnl.gov

EVERY SUNDAY MORNING 3-B (hilly route and brisk pace) 35 miles (56 km) 8:00 a.m. Join the VS Race Team for a 3-B 35-mile ride with 2-B option (a little less hilly). We'll ride from the Bankhead Theater (North First St. @ S. Livermore) up Tesla, Cross Rd., Patterson Pass, South Flynn Rd. (or you can skip the Flynn climb and take Greenville), Altamont Pass Rd., residential streets to Dalton out to N. Livermore, Manning, Collier Canyon, Portola, and back to Livermore. Ride Leaders will vary. Contact Don Williams at 925-580-9395.

EVERY 1st SATURDAY MORNING each month, 4-S 45-60 miles (72-90 km) 9:00 a.m. Join the Wheels of Thunder and Valley Spokesmen Racing Team on a joint training ride. The ride starts in downtown Pleasanton from the parking lot on Neil Street between Main and First Streets (across from the drive-through milk store). The pace varies with re-grouping at the top of most long climbs. Most routes have turn-around points for those wanting shorter versions of the ride. All riders are welcome, but be warned that these are not entry-level rides. Each ride is a “no-drop” ride on rolling terrain that is close to 18 mph and is a good place for fit new riders to start. For information call Bob Fusco at 925-899-4027.

RIDE REVIEWS

Feb 4: Hi FP, Today, Mother Nature delivered a bit of a confusing weather day. We had a go, no go, then a go decision which may have confused some riders. Apologies. We do our best to make timely decisions to keep our riders riding but with safety as a first priority. We have 38 total riders; 39 VS and 9 non-VS. Thank you for joining VS to show your support of a great cycle club! Many thanks to Coach Meredith for helping to keep us safe with skills training. She goes out of her way to provide a very valuable 15 minutes of education about riding safety. And, welcome back Sweep Charles and thank you to our SAG, Dean, and core volunteer host team - Rebecca Wood, Kathy Kane, and Chris Pham - and everyone else who jumps in to help.

Below is a recap of Meredith's skills session.

SKILLS SESSION #2 2/4/17

BASICS OF *GROUP* RIDING ETIQUETTE

-Be predictable! Ride in a straight line (practice by riding on a painted strip on the road or in a parking lot), and speed up and slow down gradually.

-Use the bike lanes whenever possible and stay as far to the right hand ride of the road as you can. If there is one, stay on the right side of the white fog line.

-When you are at the front of a group, you have an added responsibility for the safety of the riders behind you. Call out 'slowing' and 'stopping' if you know other riders are close behind you. Call out 'glass', 'pot hole' or other obstacles that you might not want to ride over. Call out 'car up' if an approaching car might turn in front of you or it looks like it will somehow interfere with your line of travel. Call out 'car back' if you are the last rider in a group so riders in front of you can move farther over to the right and be alerted that a car might be passing them.

-Keep your head and eyes up and looking forward as far as you can to help anticipate changes in terrain, stoplights or signs, oncoming cars turning in front of you etc. if you need to look down to grab your water bottle or look at your computer, check that the road is relatively clear in front of you, glance down quickly to do your task, and then continue your heads up riding.

*GROUP* riding means you are riding within 10 or so bike lengths of other riders. The closer you are together, the more important communication between riders is. You don't need to be shouting 'glass' or 'slowing' if there are no others near by! Take a quick glance over your shoulder every once in a while to see if anyone is behind you.

EMERGENCY BRAKING

-Because your center of gravity shifts forward when you are stopping or slowing quickly, there is more weight on your front wheel. This makes your front brake (left hand) more effective at stopping your bike. So use a little more pressure on that brake than on the rear (maybe 60% vs 40%). You can also help counteract the shift of weight by scooting your butt back in the saddle (so it is hanging off the back a little) AND lowering your torso. It's easier to do both of these things if your feet are parallel (NOT one up and one down). Practice stopping quickly by riding at a brisk pace up to a marked point (stop sign, mailbox) and stopping right on that point. Don't cheat and brake before that spot, but pretend that something has suddenly blocked your path and you need to stop on a dime to avoid collision. First practice at a slower speed to feel how much pressure you need to use on the levers, and then go a little faster when you begin to feel like you can stop quickly and safely.

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at Summit, South Gate Kiosk and 1 mountain bike (MTB) location; volunteer participation days pot hole repair, trim vegetation and road sweeping; Conduct visitor surveys motorists and cyclists; Assist park staff to count all cyclists road & MTB entering MDSP: Assist Park Staff to repair Summit bathrooms/water fountain and lower parking lot water fountain; Continue to reduce collisions (25-30 per year prior to 2016 – 6 in 2016 and the goal of zero going forward).

Best Regards,
Al (Kalin)

Feb 12: Hi FP, Thank you for joining us yesterday for a beautiful day of riding. We had 81 total riders; 67 VS and 14 non-VS. Thank you for joining VS to show your support for a great cycle club!

A shout out to Coach Meredith for our 3rd skill training on shifting/cadence. Please contact coach Meredith for any individual training needs and please thank her for volunteering her time to teach our group how to ride efficiently and safely. For those who are interested, Coach Meredith also run a 5 hours long Bike skills training. She does not have one scheduled but will if there is enough interest. For more information, contact Meredith at mer@merhal.com. Have a wonderful week!!
Chris

FP, From Coach Mederith: Skills Session Reminder / Recap

CADENCE
-Everyone has a 'self-selected' cadence...the revolutions per minute (rpm) that feel most natural when riding on flat road.
-Most efficient is about 80-100 on flat road, dropping down to about 60 when you are climbing.
-'Spinning' (easy gear, pedaling fast) can raise your heart rate but will also mean less fatigue over time. 'Mashing' (lower gear, pedaling more slowly) can sometimes feel more efficient but also can mean that your legs will be more tired.
-Pedal with purpose! Keep steady pressure on the pedals with minimal coasting except when you are going downhill.

SHIFTING
-You paid for as many as 30 different gear choices, so USE THEM to your advantage!
-Shift before you think you need to. Be aware of changing terrain and shift into an easier gear when are are approaching a hill, and a harder gear when the road flattens out or goes downhill.
-RIGHT REAR...your right shifter moves the chain on your rear cog for more subtle changes. Your left shifter moves the chain between the chain rings (2 or 3) for more bigger changes.
-The closer the chain is to the frame of your bike, the EASIER it will be to pedal.
-Try to avoid 'cross-chaining' (when the chain is in big ring/big cog or small ring/small cog) as it puts more torque on your drive train and makes for noisy shifting!

UPCOMING CYCLING EVENTS

UPCOMING VALLEY SPOKESMEN CYCLING EVENTS

Sunday, April 9, 2017
1:00 – 3:00 p.m.
Wells Middle School – Multi-purpose Room
6800 Penn Drive, Dublin, CA 94568
Join us as you SWAP – Sell – or just plain Look
Contact: Bob or Bonnie Powers (925) 828-5299

FREE!! FREE!! FREE!! FREE!! FREE!! FREE!!

PASO ROBLES 2017 – from Wednesday, May 24th to Friday, May 26th riding from Sunol to Paso Robles for the Great Western Bicycle Rally. Two nights of lodging - in Hollister and King City. The total cost of the trip is anticipated to be $250.00 or less. This includes lodging, truck rental, two lunches, snacks, drinks, etc. (community food). SAG will be provided, any volunteers? Unlimited number of riders. If interested, please sign up with a $200.00 deposit (made payable to Valley Spokesmen). For additional information, contact Bonnie Powers at 925-828-5299 or b-bpowers@att.net.

NEW ENGLAND HERE WE COME: Come join us for a tour from Boston, MA through New Hampshire and onto Nova Scotia, New Brunswick then back to Maine before returning to Boston. The trip will run from July 13th until August 2nd. Note slight change in date. The estimated cost (based upon 20 riders) will be $2800.00. This will cover all hotels, rental vehicles/insurance/gasoline, two ferry crossings for vehicles/people/bikes and incidentals. A deposit of $200.00 will hold your spot, made payable to Bonnie Powers. Any questions, you may call me at 925-828-5299 – home; or 925-200-5299 – cell. Bonnie

VALLEY SPOKESMEN AFFILIATIONS
Adventure Cycling – www.adventurecycling.org
Bay Area Ridge Trail Council – www.ridgetrail.org
Bike East Bay – www.bikeeastbay.org (formerly EBBC)
Bicycle Trail Council of the East Bay - www.btceb.org/
C.B.C. - California Bicycle Coalition - www.calsbike.org
California State Parks Foundation - www.parks.ca.gov

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Total miles ridden by club members so far this year is 14,742, even with all the RAIN and cancelled rides!

A big thank you to all our bike hosts and a special THANK YOU to Meredith Nielsen for her work with the Feather Pedals Group!
VALLEY SPOKESMEN
Bicycle Touring Club
Post Office Box 2630
Dublin, California 94568

2017 CLUB OFFICERS
President: Steve Whelan 925-964-7209
Vice-President: Rob Delfosse 925-522-6270
Treasurer: Don Carpenter 510-406-3205
Secretary: Kathy Koos 925-963-8506
Admin Services Director: Bonnie Powers 925-828-5299
Cycling Director: Gail Blanco 925-872-1001
Events Director: Jim Duncan 925-209-1369
Communications Director: Rebecca Wood 925-577-3842
Past President: Marcus vanRaalte 925-437-3253

Non Elected Positions:
Bike East Bay Rep: Adele Madelo 510-773-0693
Webmasters: Ken Hernandez 510-329-9481
Steve Whelan 925-831-8258

Community Liaisons:
Alamo Ralph Speck 925-837-2932
Castro Valley Maureen Boyle 510-582-2704
Concord Jean Watts 925-676-6164
Danville Al Kallin alkaline@yahoo
Dublin Francie Cushman 925-719-2256
Hayward James Paulos 510-886-7470
Lafayette Open
Livermore Richard Fryar 925-872-4466
Oakland Adele Madelo 510-773-0693
Pleasanton Kathleen Koos 925-963-8506
Pleasant Hill Joan Spiegel 925-705-7183
San Ramon Peter Rathmann 925-828-1973
Walnut Creek Peter Culshaw 925-932-0790

VALLEY SPOKESMEN
http://www.valleyspokesmen.org

We appreciate receiving articles and photos to be printed in the newsletter. We will give articles of a timely nature priority.

You are encouraged to reprint with credit any articles in this newsletter.

2017 current club members may subscribe to the VS mailing list by following the directions at:
http://www.valleyspokesmen.org/Sys/vs-list